

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (currently amended): An exercise device for improving physical fitness, comprising:

(a) a base body having a plurality of units comprising first and second step surfaces and first and second handle bars for supporting a user, at least one of said units being displaceable by a body part of the user, and each unit having at least one associated first separate component, said first component being in effective communication with an assigned body part of the user, said first component of said first step surface comprising a first separate footplate associated with the first step surface, said first component of said second step surface comprising a second separate foot plate associated with the second step surface, said first component of said first handle bar comprising a first separate handle segment, and said first

component of said second handle bar comprising a second separate handle segment;

(b) at least one damping element connecting a respective first component with a corresponding unit; and

(c) at least one vibrating movement generator operatively connected to ~~at least one~~ said first and second footplates and said first and second handle segments to selectively apply ~~component for applying~~ vibration movement to said first ~~component~~ and second footplates and said first and second handle segments;

wherein said at least one damping element comprises a first damping element arranged between said first step surface and said first footplate, a second damping element arranged between said second step surface and said second footplate, a third damping element arranged between said first footplate and said first handle segment, and a fourth damping element arranged between said second footplate and said second handle segment.

Claim 2 (previously presented): The exercise device according to claim 1, wherein each unit has a vibration movement

generator operatively connected to a respective first component of the unit for applying vibration movement to the respective first component of the unit independently of the first components of the other units.

Claim 3 (original): The exercise device according to claim 1, wherein the vibration movement is produced electrically.

Claims 4-6 (canceled).

Claim 7 (original): The exercise device according to claim 1, wherein the exercise device comprises a device that permits cross-training exercises.

Claim 8 (canceled).

Claim 9 (currently amended): The exercise device according to claim & 1, wherein said at least one vibrating movement generator comprises first and second electric vibration motors associated respectively with said first and second footplates.

Claim 10 (currently amended): The exercise device according to claim ~~8~~ 1 further comprising a connection element connecting said first and second handle segments, and said at least one vibrating movement generator comprises an electric vibration motor operatively connected to apply vibration movement to said handle segments through vibration of said connection element.